

GUIDING GOOD CHOICES

Come Learn Effective Tools to...

- Improve communication with your child
- Clarify healthy family values & expectations
- Control & express anger constructively
- Strengthen family bonds & trust
- Help prevent your child from engaging in substance use & other risk behaviors

For parents of children ages 9-14

Guiding Good Choices consists of 5 interactive workshops facilitated by professionally trained members of the Arlington Youth Health and Safety Coalition.

October Series: **Mondays, 6:15pm-8:15pm**
10/29, 11/5, 11/12, 11/19, 11/26

November Series: **Tuesdays, 6:30pm-8:30pm**
11/13, 11/20, 11/27, 12/4, 12/11

Location: **Arlington Center for the Arts**
41 Forster Street, Arlington

Workshops are free, but registration is required. Please register with AYHSC Director, Colleen Leger at cleger@town.arlington.ma.us.